

## YOUNGSTOWN

The V. H. S. Literary Society realized a prefix of \$29.00 as proceeds from their dance last Friday.

Mr. Dave Dishan who is ill with pneumonia in the Holy Cross hospital at Calgary is reported to be recovering.

Mr. and Mrs. H. H. Clapperton received a cablegram last Friday, saying that their son, Lorne, R. C. A. F. had arrived safely overseas.

Mr. and Mrs. J. Robinson and family left on Monday for Vancouver, B. C. where they will in future reside.

The Womens Institute held its monthly meeting last Saturday. There were 33 members and 4 visitors present. Mrs. Schofield gave an interesting talk on current events.

Mrs. H. McConnell who has been visiting her daughter in New York and with friends and relatives in Ontario, returned last Friday.

Mr. W. H. Clapperton who has been visiting his two sons at Jawatina, Alberta, has returned after a six weeks absence.

A fire which totally destroyed the Youngstown Powerplant about 1 a.m. Monday, caused much confusion when lights refused to function and radios were dead.

## RED CROSS DRIVE

The Chinook branch of the Red Cross are making good progress in the National appeal, but are still short of the objective.

If you have not contributed, see Mr. Targett or Mr. Warren who are the collectors for the Chinook district. A list of subscribers will be published in the local press. If you have no near and dear relatives serving in the Armed Forces the responsibility is yours, to see that comforts are provided through the Red Cross, for those who are suffering in hospitals and prison camps, and also those who are fighting for our freedom and way of life to give to the Red Cross.

## LOCAL NEWS

Word has been received that Gilbert Gilbertson had been wounded in Italy, and is in hospital.

Miss Agnes Gingles of Edmonton is spending the week with her mother and other relatives.

Mrs. E. H. Targett left on Tuesday morning for Vancouver where she will visit with her parents.

## OBITUARY

HERBERT DIAL

Herbert B. Dial, 78, Oyen, died on Saturday following a brief illness.

Born in Innisfail, Ont., he came west to Manitoba as a young man. In 1912 he moved to Oyen where he had since resided and had been in implement and auctioneering business.

Mr. Dial was keenly interested in Curling and in past years took part in many bonspiels from Winnipeg to Calgary. He was a member of the Masonic Order.

Surviving are one son, Herbert Edgar (Ted), one daughter, Thelma, Bessie, one sister in Ontario and a brother in Manitoba.

Funeral services were held at Oyen Wednesday.

## BANKING IS ADAPTABLE

...it changes constantly to meet this country's changing needs

### FOR INSTANCE...

Ever wonder where your ration coupons go? The answer is that your grocer takes your sugar, butter and other coupons to his bank, which acts as the government's agent in identifying and accounting for millions of spent coupons. This vast bookkeeping job—known as "Ration Coupon Banking"—is just one of the new, additional assignments which the banks have assumed as part of their wartime service.

Another is the payment, on behalf of the government, of certain subsidies arising out of wartime price control. Still another is the handling of exchange transactions as agents of the Foreign Exchange Control Board.

At the same time the banks have arranged facilities to serve military establishments and new war-industry centres alike.

Through loans to industry and agriculture, they have helped to increase the supply of raw materials, weapons and food.

They have acted as issuing agents for approximately \$5,700,000,000 worth of Victory Bonds and War Savings Certificates, as well as lending direct financial aid to the government through short term loans.

...All this in the face of widespread staff changes resulting from enlistments of 8,360 trained bank employees.

The war emergency has proved the readiness and ability of Canada's banks to adapt their services to new conditions. It has proved, once again, the strength of your banking system, which is providing a firm base of financial service for the greatest economic effort in the nation's history, and will with equal resourcefulness meet the challenge of the years ahead.

THE CHARTERED BANKS OF CANADA



By Dr. K. W. Neathy  
Director, Agricultural Department  
North-West Live Elevators Association

### AVOIDABLE LOSSES

Grain Inspection Branch figures for the period August 1 to October 15, reveal a serious situation which involves heavy losses to the farmers concerned. We refer to increases in 'smutty' and 'rejected' wheat.

#### • Smutty Wheat

With rare exceptions, which need not concern us here, all smutty wheat results from stinking smut (bunt). In Hard Red Spring wheat and Durum, this disease can be completely controlled by seed treatment. On October 14, the Wheat Board Price List provided for a discount of 10c per bushel for smut in grades No. 1 Hard to No. 4 Northern. Since August 1, 101 cars have graded smutty; a frequency five times as great as last year. The loss to the farmer is nearly \$800.00 per car.

#### • Rejected Wheat

'Rejected' gradings have increased at an alarming rate this season, though most of the wheat so graded was probably grown in 1942, when harvest conditions were unfavorable. Aside from ragweed, most rejections are due to excess moisture resulting in heaving and sprouting. The discount for grades No. 1 Hard to No. 4 Northern is 11c per bushel—a serious loss. Since August 1, 329 cars have graded rejected; they are three times as common as last year. This loss cannot be eliminated, but it can be greatly reduced.

Write to us, or apply to the nearest live elevator agent for the following "Seedtime and Harvest" articles:

1. "Tough Grain" (by Dr. K. W. Neathy)
2. "What We Have, We Hold!" (by Dr. B. N. Smallman).

Best Quality—Best Prices

## U. F. A. CO-OP AGENTS

Cockshutt Plow Co.

Bring us your Eggs

Large New Stock of  
**HARDWARE**  
and  
**GROCERIES**

A complete line of  
Veterinary Supplies  
**FLOUR & SHORTS**  
at discount for 500 lbs and up

## COOLEY BROS

YOUR MCCOLL-FRONTENAC REPRESENTATIVE

Cordially Invites You To Attend

A

Special Farm Meeting & showing  
of interesting Farm Motion Pictures

including

"Power at the Drawbar"



BRING YOUR FRIENDS! MEET YOUR FRIENDS!

We've planned an enjoyable show with "sound" films that will show you many new, easy ways to save much work and trouble in farming

Don't Miss it

Entertaining, Educational FREE

## CHINOOK HOTEL

Friday, March 24th, At 8. p. m.

**USE GOOD SEED**

Producers for their protection should check the germination of home-grown seed.

For FREE GERMINATION TESTS leave your grain samples with your

ALBERTA PACIFIC AGENT

It Does taste good in a pipe

**Picobac**

The Pick of Tobacco

## Food Production

**PROBLEMS OF AGRICULTURE** now, and in the post-war period, are of great interest at this time. Lord de la Warr, chairman of the Agricultural Research Council of Great Britain, toured Canada recently, and was present at the eighth annual meeting of the Canadian Federation of Agriculture, held in Quebec city. During his visit to this country, Lord de la Warr addressed a number of public gatherings, and he expressed the opinion that farmers have it in their power to bring about the lasting peace and the state of plenty which are among the things for which the United Nations are fighting. If, however, agriculture is to be encouraged to bring its potential production capacity to the maximum, he believes that farmers must be guaranteed fair and steady prices and that conditions of world trade must be improved.

## Many Measures Are Suggested

A recent report tabled in the Canadian House of Commons by the Advisory Committee on Post-War Reconstruction contained an interesting section dealing with the future of agriculture. This part of the report was prepared by a sub-committee under the chairmanship of Mr. Donald G. McKenzie of Winnipeg, Chief Commissioner of the Board of Grain Commissioners. It emphasized, as did Lord de la Warr, the need for improvement in world trade conditions, and for measures which will assure financial security for farmers. It also pointed out the value of co-operation in agriculture. Other measures recommended included: classification of farm lands by means of soil surveys; increased cultural and recreational facilities in rural areas; the encouragement of research to find new uses for farm products, and a farm housing plan.

## Problems Is Now Fully Realized

The suggestions mentioned above are only a few of those contained in the report, which drew attention to the need for improved systems of rural credit, and dealt with many aspects of foreign and domestic marketing problems. Findings of the United Nations' Relief and Rehabilitation Administration showed clearly the importance of food production in restoring the world to peace and order, and Canada, as a great agricultural country, will be able to contribute much towards this essential undertaking. It is apparent, however, that many problems will arise and it is to be hoped that they will be worked out wisely, and that a proper balance may be established between the demand for food and agricultural production. In the past, failure to establish this balance has been the cause of many of the world's difficulties, but now that the problem is fully realized, means may be found for solving it successfully.

## Boys Well-Trained

Are Ready At Sixteen For German Front Line Service

In a report published in the Stockholm paper Aftonbladet regarding German sixteen-year-old boys in service at the front, this paper says that their training with the Hitler Jugend is so thorough that they require only one month's further training before they can be used for front line service. About one hundred thousand boys of ten to thirteen years of age will shortly be trained for intelligence service.

Bobby Leach, who successfully rode over Niagara Falls in a barrel, later slipped on an orange peel and broke his neck.

## Don't Blame Your DRUGGIST!

BLAME THESE 2 THUGS

+plus

**INCREASED DEMAND for Any Shortage of BUCKLEY'S REMEDIES**

When you ask for a Buckley Remedy and your druggist says, "Sorry, I'm temporarily out of stock," don't blame him. The ingredients that have made Buckley's cough and cold remedies famous, come from all over the world, and Hitler and Tojo sometimes delay their arrival so that you cannot always get the Buckley Remedy you want just when you want it. So, don't wait until a bronchial cough, chest cold or gripe strikes you. Get your Buckley's Remedy. White Rub, Cinnamonated Capsules, Throat Aids or Cough Drops at the first opportunity and *hate them on hand* to nip oncoming coughs or colds in the bud. See your druggist at once!

**LACTIS-ORA FOR HEALTHFUL GUMS**

**INSURES A CLEAN MOUTH**

**BLEEDING GUMS** Dentists have been using Lactis-Oral for over 15 years in the treatment of sore, bleeding gums. Pyorrhoea and all infected gum conditions. It cleans, soothes, and makes a healthy mouth. You can easily treat your own gums. Approved Proprietary Medicine Act.

RENAUD LABORATORIES, ST. LOUIS, MO.

## Price Control And Rationing Information

Q.—As a rural housewife, I find the distribution of non-rationed articles that are scarce most unfair. The stores in towns put things on their shelves at intervals but it is almost always the country people who go without, as sometimes they only get to town once a week. Would not the rationing of all scarce foods be the solution?

A.—Scarcely, as stocks of some of these articles are insufficient to provide more than the most infrequent and limited rations. Moreover, rationing is a difficult and costly process which the authorities are loath to expand. Further rationing would also add to the trials of retail merchants.

Q.—I read somewhere that the prices had fixed ceilings for the sale of horses. Surely this does not mean that it is to be placed on sale for human consumption?

A.—Of course not. The ceilings in question apply to the sale of horses to race ranches and others for animal feeding.

Q.—I entertained two soldiers for a weekend and they left me their ration application cards. Do I cash these at my store?

A.—No. They are merely application cards and not ration documents to be accepted by merchants. They should be exchanged at your Local Ration Board for coupons covering the rationed food of your choice. These coupons should be presented to your dealer.

Q.—I operate a small truck occasionally. Is it necessary for me to have signs on the truck giving my name and address?

A.—Yes. Signs should be painted on both sides of the truck and should give the name and address of the truck owner.

Q.—Are the "D" coupons that can be obtained for corn syrup on the surrender of sugar coupons good for my three-year-old girl?

A.—The extra ration for corn syrup is for babies under two years of age, however, if for medical reasons the child requires additional corn syrup in her diet after she is two years old, this could be obtained if a signed medical certificate was presented to a Local Ration Board.

Please send your questions or your request for a pamphlet "Consumers' News" or the Blue Book (the book in which you keep track of your ceiling prices) mentioning the name of this paper to Wartime Prices and Trade Board, Regina, Sask., or your nearest Wartime Prices and Trade Board office.

## SMILE AWHILE

"What do the three balls in front of a pawnshop mean?"

"Two to one you don't get it back."

Father: "Johnny, don't you know that it's wrong for a little boy to fight?"

Johnny: "Yes, Dad, but Billie doesn't know it and I'm provin' it to him."

Mother: "Robert, I'm shocked to hear you using such language. Do you learn it at school?"

Robert: "Learn it at school? No, Mom; it's me that teaches it to the other boys!"

"So you're a young man with both feet on the ground, eh? What do you do for a living?"

"I take orders from a man with both feet on the desk."

"Why did you go to Dr. Frost?"

"Well, Dr. Gile had 10 to 1 on his door, and Dr. Frost had 3 to 5, so I took the best odds I could get."

First Spook: "What's that bump on your head?"

Second Spook: "I was coming through the keyhole as usual when some ass put the key in."

Inquiring Friend: "Why must a judge look so impressive?"

His Honor: "If you show any signs of interest in a lawyer's argument he'll never stop."

Corporal: "You say you were restricted because you went on a furlong?"

Private: "No, I mean furlong—I went too far and stayed too long."

I heard two girls talking in a bus and one said: "Do you think Alice can keep a secret?"

"Oh, yes," the other one said. "She never tells who told her!"

"What were those unusual greens we had tonight, Cook?"

"You remember, ma'am, you said those geraniums in the garden looked so lovely you could eat them?"

"Yes."

"Well, you have!"

## Wings Parade

Recent Graduates From No. 2 Training Command At Winnipeg

Recent graduates from wings parades whose homes are in Manitoba, are listed below:

No. 7 Air Observer School, Portage la Prairie, Man., Air Bombers—PO. G. M. Murray, Nepeawa, and PO. W. L. McConnell, Hamlin, Nepeawa; Sgt. P. A. Butcher, Solihgators; Sgt. R. A. McLeod, Norgate; Sgt. R. E. Sturrock, Winnipeg; Sgt. J. R. White, Winnipeg; Sgt. A. D. West, Winnipeg; Sgt. L. Elston, Winnipeg; and Sgt. E. M. C. Peely, Winnipeg.

No. 17 Service Flying Training School, Sault Ste. Marie, Man., Pilots—PO. W. C. Kenzie, Balmora; PO. L. C. Morrison, Norwood; PO. E. L. Murray, Souris; PO. D. K. Simmonds, Winnipeg; and PO. J. I. A. Wake, Winnipeg.

No. 7 Bombing and Gunnery School, Paulson, Man., Air Gunners—Sgt. J. F. G. Ames, Winnipeg; Sgt. J. Barnett, W.A., Winnipeg; Sgt. J. A. Eastman, Winnipeg; Sgt. H. W. Forst, Winnipeg; Sgt. J. J. Franks, St. Vital; Sgt. C. M. Jones, Winnipeg; Sgt. P. Leockle, Poplar Field; Sgt. O. S. Lovell, Winnipeg; Sgt. H. M. Luddick, Dauphin; Sgt. P. J. Nitchie, Pleasant Home; Sgt. G. M. W. S. O'Brien, Winnipeg; Sgt. T. W. Robinson, St. James; Sgt. G. C. Rothwell, Carman; Sgt. L. G. J. Turenne, St. Boniface; and Sgt. H. J. Wegner, Winnipeg.

No. 4 Service Flying Training School, Saskatoon, Sask., Pilots—PO. R. L. Boyle, Portage la Prairie; PO. G. C. Clark, Brandon; PO. A. A. Keating, Cloniboy; PO. D. W. Russell; PO. W. E. Stoddard, Winnipeg; PO. A. Thornhill, St. Vital; PO. L. C. Turley, Anguville; PO. E. C. Baker, Brandon; Sgt. J. C. Kirkwood, Deloraine; Sgt. S. Kovach, Winnipeg; and Sgt. H. G. Harvie, Boissevain.

No. 3 Bombing and Gunnery School, Macdonald, Man., Air Gunners—Sgt. A. B. Cooke, W. Kildonan; Sgt. E. A. Everett, Reston; Sgt. E. G. Gregory, E. Kildonan; Sgt. S. R. Hitchcock, St. James; Sgt. E. Jacobson, St. James; Sgt. E. J. McMurphy, Reston; Sgt. D. W. Munis, Bode; Sgt. W. E. Muirhead, Winnipeg; Sgt. F. G. H. Pender, Winnipeg; Sgt. E. F. Piercy, Winnipeg; Sgt. W. B. Runner, Treherne; Sgt. W. A. J. Shearn, Winnipeg; Sgt. A. B. Cooke, W. Kildonan; Sgt. E. A. Everett, Reston; Sgt. E. G. Gregory, E. Kildonan; Sgt. S. R. Hitchcock, St. James; Sgt. E. Jacobson, St. James; Sgt. E. J. McMurphy, Reston; Sgt. D. W. Munis, Bode; Sgt. W. E. Muirhead, Winnipeg; Sgt. F. G. H. Pender, Winnipeg; Sgt. E. F. Piercy, Winnipeg; Sgt. W. B. Runner, Treherne; Sgt. W. A. J. Shearn, Winnipeg.

## Used In Industries

Mirrors Too Have Gone To War In A Big Way

"Oops, seven years had luck, I guess." How familiar is this ejaculation when someone breaks a mirror. The seven years had luck superstition goes back many years. The Romans believed that health moved in seven year cycles. As a mirror reflected the appearance of an individual, they thought that if a mirror broke that meant the health of the person was broken too, for seven years.

Mirrors as they are known today were invented by the Venetians early in the 13th century. In the 17th century the process of silvering glass was brought to England. In those early days, the process was such a closely guarded secret that any person breaking into a mirror factory was banished from the kingdom for seven years. This is another version of how the superstition arose. The first mirror was a quiet pool in which ancient man saw his own likeness. The early Greeks made their mirrors of polished bronze while the people of Egypt gazed at their own reflection in highly polished metal bowls.

But today mirrors are not used only to see if midday's nose is in need of powdering. Mirrors, too, have gone to war. They are used in the manufacture of telescopes and microscopes. When a British or American submarine lets loose a "tin-fish", blowing an enemy ship out of the water, it is through a mirror reflection that the submarine-people work. For instance, cameras which Canadian forces use in reconnaissance have mirrors in the range finders. Reports say that a German fighter brought down in the Battle of Britain had a cabin lined with mirrors. These gave the pilot a reflection of all oncoming fighters.

## INDIA'S RICE CROP

According to the first all-India rice forecast, India's total rice crop will be a record one, exceeding 25,500,000 tons, as against her pre-war consumption figure of 27,500,000 tons, made up of 26,000,000 tons produced in the country, and 1,500,000 tons imported from Burma.

**FOR COUGHS, COLDS, BRONCHITIS**

**MATHEU'S SYRUP**

STILL THE FAVORITE

## PATENTS

AN OFFER TO EVERY INVENTOR. List of inventions and full information sent free on request. Registered Patent Attorneys, 273 Bank Street, Ottawa, Canada.



**GIVE YOUR FAMILY A BETTER START with this BETTER BREAKFAST**

Tasty Nabisco Shredded Wheat is a breakfast they'll be glad to wake up to. And, along with that tempting flavor, they get a better breakfast! Why? Because Nabisco Shredded Wheat is made from 100% Canadian whole wheat with all the bran and wheat germ. Ready-cooked, ready to eat. Use the tested, practical recipes found in every package.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

BUY WAR SAVINGS STAMPS FROM YOUR FOOD STORE



Supposing you went to the grocer's tomorrow and saw a sign over the bread display that read—

**SPECIAL TODAY**  
Extra Vitamin B1 Calcium and Iron  
—FREE with each loaf

could you resist a bargain like that? Yet that very bargain is offered, though not advertised, every day in every store where whole grain bread is sold alongside white. The same bargain can be picked up among the cereals too, for whole grain cereals provide those same extra food elements. Canadians are being urged to eat more bread. If we are to do so we should make sure it is bread rich in vitamins. Such is real whole wheat bread.

Adult daily requirement of Thiamin or Vitamin B1 is placed at a minimum of 500 International Units. Generous use of real whole wheat bread helps secure this essential, as it is the richest bread source of B1. A single slice of it yields 30 I.U., while a slice of refined bread yields only one sixth the vitamin potency—5 I.U.

Recent surveys show the average Canadian diet low in calcium content—yet in respect to calcium, the use of whole wheat bread can step up the family's supply of this important mineral by 6%, which may make the difference between an adequate daily supply and a diet below par in this respect. Moreover, whole wheat bread has more nicotinic acid and iron than has white bread or enriched bread.

Don't forget what a great deal more you get for your money when you buy whole wheat bread!

## Contributing To Victory

Many Of Edison's Inventions Being Used In Present War

February 11, marked the 97th anniversary of the birth of Thomas Alva Edison. During his life, Edison was a man of peace, and his inventions led to better living. His contributions to industrial progress helped pave the way to a more abundant and comfortable life for millions of people. And the basis of his work was research aimed at and intended to produce this result.

However, upon this anniversary of his birth, the people of the world find that they must rank him as one of the great warriors in the present global conflict. Years ago he invented a tin tube in which he produced the "Edison effect". We know it now as the fundamental discovery from which has sprung the science of electronics, with its myriad uses. It is one of the greatest weapons of war, but not the only invention of Edison's that is contributing to victory. Through all the uses of electricity, right down to the huge plants where it is produced, the works of Edison are evident. On ships at sea, in the giant bombers, in the communication systems that save countless lives in the Asiatic jungles, in the defence networks of England—in any theatre of war activity—major devices and implements are to be found which had their origin in the mind of Thomas Edison—Kingston Whig-Standard.

## BRITAIN'S ARMY

In the last war, Britain put into the field an army of 5,000,000. In the present war, her manpower effort as regards the Army, Navy and Air Force is very much greater. In addition, the output of her war factories today dwarfs production of 1918. This achievement has been possible only by using the services of her womenfolk on a scale which far surpasses that of any other belligerent—including Germany.

## THE FIGHTING FRONT

Great Britain has a population of 43,000,000 and is an island situated, at its nearest point, within 20-miles of the German army. Those two simple and well-known facts carry implications which are worth reflection at the present juncture of war.

## For Eczema—Skin Troubles

Make up your mind today that you are going to give your skin a real chance to get well. Go to any good drug store and get an original bottle of Meo's Eczema Ointment. It's the only one that is highly concentrated.

The very first application will give you relief—the itching of Eczema, is quickly stopped—eruptions dry up and disappear in a very few days. The ointment is true of itching Tinea and Feet, Barber's Itch, Salt Rheum and other skin troubles. Remember that Meo's Eczema Ointment is a clean, powerful, penetrating Antiseptic that does not stain or leave a greasy residue. Complete satisfaction or money back.

## SALT-WATER SOAP

With the aim of conserving fresh water aboard ships at sea, the Royal Canadian Navy has developed a salt-water soap for cleaning purposes, it was shown in a tabled naval order in the House of Commons. The order did not elaborate on the development or qualities of the new soap.

## QUICK RELIEF FROM

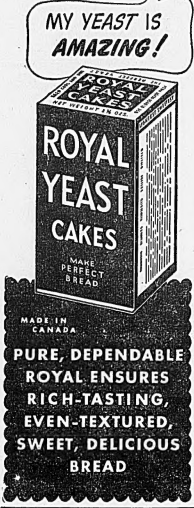
**SLOANS LINIMENT**

**SORE ACHING MUSCLES**

**PROTECT YOUR FOOD**

**APPLEFORD WAXED PAPER**





### Under Lend-Lease

British And American Supply Officials Agree On Limiting Shipments

Virtual elimination of capital goods shipments to Britain under lend-lease is understood to have been agreed upon by British and American supply officials at Washington. The decision is one of numerous adjustments being made to keep lend-lease exports closely geared to military needs.

For several months the quantity of machinery going to Britain has been decreasing steadily, largely because British plants now have about all they need except for occasional replacements.

The approaching climax of the war in Europe has accentuated the policy of limiting all lend-lease supplies to those needed primarily for war purposes. Lend-lease officials apparently are determined not to leave themselves open to Congressional criticism that they have supplied other countries equipment having more use in the post-war period than in the war.

### SELECTED RECIPES

**CASSEROLE OF BEEF**  
2 tablespoons corn starch.  
1 1/2 lbs. round steak, cubed  
2 tablespoons mazaola  
1 medium-size onion, chopped  
1 cup boiling water  
1/2 teaspoon salt  
1-16 teaspoon pepper  
1/2 cup diced carrots  
1 cup diced raw potato  
Method: Dust meat cubes with corn starch; sear in hot mazaola oil; cook and stir until golden brown. Add boiling water and simmer, tightly covered, until almost tender. Add seasonings and diced vegetables; continue cooking 20 minutes. Pour into 1 1/2 quart casserole oiled with mazaola, cover with a tea-biscuit batter and bake in hot oven (450 degrees F.) for 15 minutes. Serves 6.

**FRENCH TEA RINGS**  
Make dough as for rolls or buns. Roll out to thin sheet, spread with melted butter, sprinkle with chopped nuts and brown sugar. Roll up like jelly roll, form into ring and cut neatly through with scissors, making cuts one inch apart. Place on a greased tin sheet and allow to rise until doubled in bulk. Bake slowly in moderate oven.  
Set basin of hot water at bottom of oven.

## A Few Drops

Up Each Nostril Quickly Relieve

## Stuffiness of Catarrh

Specialized Medication Works Fast—  
Right Where Trouble Is!

Soothing relief from stuffy, painful distress of acute catarrh comes fast as Va-tro-nol spreads through the nose, reduces swollen membranes—soothes irritation, relieves congestion, helps flush out cold-clogged nasal passages. Makes breathing easy—try it! Follow directions in package.

## OUR COMPLETE SHORT STORY—

**Cup Of Gold**  
—By—  
GEORGE JAMES MARTIN  
McClure Newspaper Syndicate

His throat burned. He'd had no water since yesterday when he hit the Bad Lands, just beating the sheriff over the Mexican line. The soldiers on this side might be after him, too. He hadn't robbed the cash drawer in the beanyery where he'd been counterman; must have been the manager who took the dough. That was why the skunk had had him shipped into jail. What chance had an ex-con like himself to explain that the manager had used him for a fall guy?

He'd busted out of that pest-ridden cell. With no food, water, or horse, he was lucky to get this far. It might be smart to climb this next rise, keep low and have a look around.

This was luck—that house below, sprawling in all that green growing stuff. Must be water there. . . . Had the rancho been warned about him? He must chance it.

Warily nearing the hacienda, he approached a man with a flowing white mane, who wore a broad jacket above trousers which hung at the knee and flared at the ankle. On closer view he saw an aquiline nose and piercing eyes set off by white skin bespeaking aristocratic Spanish ancestry.

The ranch owner smiled benignly. "Buenos dias, amigo. You are American?" "Then, understandingly, "Water, si?" He called to a peon: "Juan, bring water!"

Gulping the cool draught, craftily watching the peon make a spirited report to his employer, he deduced that a town lay in the direction the peon was pointing.

"Ah—you feel better, Senor. May we offer you our hospitality? You will dine with us. Enter, Senor, enter!"

It was a good dinner and he wolfed it hungrily. He realized that he must have stumbled upon one of the last feudal ranches.

"You are safe here for as long as you need shelter," the old man said. "You are weary now. We will talk tomorrow. This night you will rest here. Juan will show you to your bedroom."

Upstairs he took the perfumed carpet from Juan and shut the door on the peon's: "Buenos noches, Senor."

He put his nearly empty wallet under the pillow. As he removed his shirt his hand brushed the mantelpiece, tipping a chalice-like cup, spilling its contents. With amazement he saw gold coins rolling across the hardwood floor, clattering in all directions. One of them continued to spin under the bed. Groping for it, he prayed that no one heard. Maybe the old gent was setting him up for a cover, as in the manager's case. No, he decided, it was the way the cards were falling. This time he'd have the game as well! These Mexicans—leaving gold lying around so carelessly. They didn't know what to do with it. Well, he knew what to do with it all right. It was a shame he had to rob such a nice guy, but this gold meant certain escape for him.

He must leave while everyone was yet asleep. He would head for the town—buy a horse and supplies—make the hideout before the old man discovered the theft.

He wrapped the gold in a scarf and wadded it into his shirt. That stuff was staying right next to him from now on, he thought, as he rolled on his side to the satisfying clink of the metal. . . .

Long before dawn he slipped furtively from his window and headed westward.

Morning heat beat down upon him. He'd scale that boulder up there—

## "I said good-bye to Constipation!"

"I've given up pills and harsh cathartics. I found my constipation was due to lack of 'bulk' in my diet—and I discovered that KELLOGG'S ALL-BRAN is a perfectly grand way to get at the cause, and, help correct it!"



If this is your trouble, stop 'dosing' with harsh purgatives—with a lack of lasting relief! Try serving ALL-BRAN daily, with milk, or sprinkled over other cereals. Or, eat several ALL-BRAN muffins daily! Drink plenty of water.

Get KELLOGG'S ALL-BRAN at your grocer's today—in either of 2 convenient sizes. Made by Kellogg's in London, Canada.

catch a glimpse of the town. But he saw only desert stretching to the horizon. That was what he got for following the peon's vague pointing. He should have stopped to take water from the rancho.

Hearing hoof beats, he turned to see Juan riding toward him. The cowboy must be a great tracker to overtake him so quickly. Well, he would keep the gold and get a horse to boot! He'd jump Juan as he rode by the rock. Better cache the gold just in case. . . .

As he leaned over to swing the bundle under the other side of the boulder, a sun-rotted projection crumbled under his weight and he pitched forward to land with a sharp snap of bone as the peen clattered by.

Now he'd never catch that Juan. A good thing he still had the gold. That fire ball up there in the sky was cooking his brain, but he wouldn't let this filthy desert lick him.

His parched throat hurt when he shouted. He'd better concentrate on following the hoof tracks leading away before him. The gold grew heavier with each step. This was his punishment for repaying the old man's kindness by robbing him.

C'mon, pick up those feet. Keep 'em moving! Reminded him of that jail stretch, marching this way. Better get hold of himself. Couldn't be much farther. That must be the town where the hoof prints veered around and over the foot hill.

"Ah—you feel better, Senor. May we offer you our hospitality? You will dine with us. Enter, Senor, enter!"

It was a good dinner and he wolfed it hungrily. He realized that he must have stumbled upon one of the last feudal ranches.

"You are safe here for as long as you need shelter," the old man said. "You are weary now. We will talk tomorrow. This night you will rest here. Juan will show you to your bedroom."

Upstairs he took the perfumed carpet from Juan and shut the door on the peon's: "Buenos noches, Senor."

He put his nearly empty wallet under the pillow. As he removed his shirt his hand brushed the mantelpiece, tipping a chalice-like cup, spilling its contents. With amazement he saw gold coins rolling across the hardwood floor, clattering in all directions. One of them continued to spin under the bed. Groping for it, he prayed that no one heard. Maybe the old gent was setting him up for a cover, as in the manager's case. No, he decided, it was the way the cards were falling. This time he'd have the game as well! These Mexicans—leaving gold lying around so carelessly. They didn't know what to do with it. Well, he knew what to do with it all right. It was a shame he had to rob such a nice guy, but this gold meant certain escape for him.

He must leave while everyone was yet asleep. He would head for the town—buy a horse and supplies—make the hideout before the old man discovered the theft.

He wrapped the gold in a scarf and wadded it into his shirt. That stuff was staying right next to him from now on, he thought, as he rolled on his side to the satisfying clink of the metal. . . .

Long before dawn he slipped furtively from his window and headed westward.

Morning heat beat down upon him. He'd scale that boulder up there—

## GARDEN NOTES

### The Start Is Vital

If there is any secret of success to victory gardening, and this applies also to the other kind, then it is probably an early and thorough start, and though there may still be snow on the ground and actual spring weeks away, the experts say that it is not too soon to start planning. Probably a million Canadians gardened for the first time last year and some of them, it is feared, were only moderately happy about the results. They ran into a great deal of trouble with weeds, twich grass and baking earth. The bulk of this could have been avoided had there been a little planning, and especially cultivation, before the seeds were planted. It is easy to kill weeds by a thorough digging or cultivation before anything is planted and the soil too is improved. Simply ploughing a Victory Garden is not enough. It should be cultivated deep and fine and, if possible, well fertilized, if maximum results are to be expected.

Make little teams. Easily the biggest yielding crop one can grow are the garden vegetables. Not only can most lines be grown close together, but with some things like radish, spinach, lettuce and carrots, for instance, a second crop can be harvested in a single season.

Small vegetables like lettuce and radish require rows only 15 inches apart. Beets, beans, carrots, peas and spinach need a little more space between, while potatoes, corn and stalked tomatoes must have a couple of feet to thirty inches. Space may be saved with the latter type if something quick-maturing such as lettuce and spinach are planted in between. The bigger things will not need the full row at first, and by the time they do the early crops will be out of the way.

If room is extremely limited, then experts advise confining vegetables to such heavy yielders as beans, lettuce, carrots, beets, onions, celery and, possibly, stalked tomatoes. A 20-foot row of any of these will supply many meals for a small family. The expert who appreciates garden freshness will also include peas and corn. These things take up no more room, and at least 25 feet of row is needed for a worthwhile crop, but early from the garden right at the door can really fresh corn and peas be obtained.

Start Grass Early Any work with lawns should be started just as quickly in the spring as possible. This does not mean that the lawn should be mowed while it is still wet. But once one can walk over the ground without getting his shoes muddy, then the rake and the lawn mower should be used. In both new lawns or in patching, the soil should be raked fine and level. A good seed mixture, one of the highest quality of seed mixtures, as thick as directions specify and, of course, when there is no wind blowing.

Both new and old lawns benefit from rolling while the ground is still soft. Grass, like other plants, needs good soil and an annual application of fertilizer is advisable. This pushes growth so that many weeds are crowded out.

## Have Own Orchestra

Peculiar Noises Heard At Sea Found To Be Deep-Sea Denizens

At a naval laboratory at Beaufort, N.C., certain peculiar noises, which had been conjectured to come from submarines in the neighborhood, have been investigated and the result has rather surprised some of the investigators.

They have discovered that most of these peculiar sounds come from fish. One of the fish is called the tooth fish, and it has a voice which possesses the intensity of a steamboat whistle.

Another, the croaker, when caught, makes such a loud noise that it can be heard through 20 feet of water. Another, the "drum fish," drums so loudly that it sounds like a heavy thumping on the bottom of a boat.

This information is being supplied to Navy men to enable them to distinguish between these sounds and those made by an enemy submarine.

A sea captain named Preserved Fish was one of New York city's prominent citizens years ago.

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### Show Every Detail

Three-Dimensional Pictures Used To Spot Jap Gun Emplacements

Three-dimensional pictures in which "every hill and dale show up with perfect fidelity" have been used for more than a year to spot Jap gun emplacements and installations, Cmdr. Robert S. Quackenbush, United States navy, said. The commander said the three-dimensional pictures were known as vortographs and "appear to have all the depth of the actual scene when viewed through light-polarizing spectacles."

### This Week's Pattern



By ANNE ADAMS

Young, individual detail gives a vivacious air to Pattern 4618, a frock you'll run up in jiffy time. . . . to wear smartly now, and with becoming coolness when the sun takes its duties seriously. Ideal style for cotton or linen as well as firm rayon sports fabrics.

Pattern 4618 is available in misses' and women's sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 36 takes 3 yards 35-inch. Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write plain Size Name, Address and Style Number and send orders to the Anne Adams Pattern Dept., Winnipeg Newspaper Union, 175 McDermott Ave., E., Winnipeg, Man. "Because of the slowness of the mails delivery of our patterns may take a few days longer than usual."

Switzerland is only about three-fourths self-sufficient in foodstuffs.

### Not Taking Chances

German Officers Forbid Sailors To Associate With Norwegians

The morale of German sailors in western Norway is so low that their officers have forbidden them to associate with "undesirables among Norwegians," meaning non-Quislings, according to a private dispatch to Stockholm's Tidningen.

By going about with the Norwegians ever more intimately the German sailors' morale is affected to the extent that they are doubting the righteousness of the German cause, the dispatch said.

In the coastal city of Alesund, headquarters of the Norwegian patriots, the German port captain banned all relations between German sailors and Norwegian civilians, the dispatch added. After nightfall Germans are kept on board ship to insure that they will not be "contaminated" by contact with the Norwegians, it is said.

## Getting Up Nights Makes Many Feel Old Before Their Time

Do you feel older than you are or suffer from frequent night awakenings? If so, remember that your kidneys are vital to your health and that these symptoms may be due to kidney and bladder troubles—in such cases Cystex usually gives prompt and joyful relief by helping the kidneys drain out excess acids and wastes. You have everything to gain and nothing to lose in trying Cystex. This free trial money-back agreement assures a refund of your money if you are not completely satisfied. Write for your free trial of Cystex today. Get Cystex on your own terms. No obligation. No cost.

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CONCENTRATED MILKS

"Concentrated Milks" is a general term which was first used to designate products which contained all the solid constituents of milk in reduced volume. These products are evaporated milk, sweetened condensed milk, and dry whole milk. Frequently concentrated by-products are now included in the term, for example, dry skim-milk which contains all the milk solids minus fat, and casein which is a by-product of skim-milk. —Farm News.

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Signed  
Lorne Proudfoot  
Sec.-Treas

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**CANADIAN + RED CROSS**  
The Need Grows as Victory Nears

## Motorists! Apply NOW for your New Gasoline Licenses and Ration Coupon Books

On March 31, the present gasoline licenses and ration coupon books will expire. After that date no gasoline will be sold except on the presentation of a 1944-45 ration book.

In his own interests, every vehicle owner is asked to apply at once for a new license and ration coupon book for each of his vehicles. Application forms must be completed in detail.

Commencing April 1, under the 1944-45 rationing plan, the operation of which will be basically the same as that now in effect, all non-commercial vehicle owners will again be allowed a basic "AA" gasoline license and ration coupon book, containing 40 units for a passenger car, or 16 for a motorcycle.

Similarly, owners of vehicles eligible for a "Special" category, who can prove their need, will be granted an extra vocational allowance, fixed in advance for the year ending March 31, 1945. In determining the extra allowance—which will be measured to individual needs—the previous category and mileage of the car will not necessarily be an important consideration.

The extra vocational coupons will again be issued in books labelled "Special", and each book will contain not more than 60 units. To permit constant review of the needs of each category applicant, only one "Special" book, or portion thereof, will be issued at a time. The Oil Controller also has the right to refuse any application for a "Special" category, or to suspend any ration coupon book for an infraction of the regulations.

The shortage of gasoline is still acute. Do not apply for a "Special" category unless your need is urgent.

Gasoline for commercial vehicles will again be rationed. To assure themselves sufficient gasoline to carry on normal business activities after March 31, operators of commercial vehicles are urged to complete at once and in detail the required application for each of their vehicles.

On and after April 1, service station attendants will not accept gasoline ration coupons unless the license plate number of the motor vehicle for which they were issued is written in ink on each coupon. Every motor vehicle must also display on its windshield a 1944-45 sticker indicating the category of the coupon book submitted at the time of the purchase.

If the owner of a motor vehicle sells, transfers or disposes of it in any way, it is his obligation to see that the gasoline license and ration coupon book for that vehicle is returned immediately to the nearest Regional Oil Control Office.

To obtain a gasoline license and ration coupon book, secure an application form at your nearest Post Office. Study the form and follow carefully the instructions contained therein.

When you receive your 1944-45 gasoline ration book, guard it carefully. Do not leave it in your car. If, because of your negligence, it is lost or stolen, it may not be replaced.

**THE DEPARTMENT OF MUNITIONS AND SUPPLY**  
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